



Statistics Report 01185, Parmesan cheese topping, fat free

Report Date: July 11, 2017 14:17 EDT

Nutrient values and weights are for edible portion

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	8.60	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Energy	kcal	370	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Energy	kJ	1548	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Protein	g	40.00	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	01/2007
Total lipid (fat)	g	5.00	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	01/2007
Ash	g	6.40	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Carbohydrate, by difference	g	40.00	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	01/2007
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	01/2007
Sugars, total	g	1.50	--	--	--	--	--	--	--	--	Calculated or imputed	01009	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	800	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	01/2007
Iron, Fe	mg	5.00	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	01/2007
Magnesium, Mg	mg	40	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Phosphorus, P	mg	700	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Potassium, K	mg	600	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	01/2007
Sodium, Na	mg	1150	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	01/2007
Zinc, Zn	mg	3.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Copper, Cu	mg	0.020	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Selenium, Se	µg	43.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	01/2007
Thiamin	mg	0.050	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Riboflavin	mg	0.050	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin	mg	0.200	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Vitamin B-6	mg	0.100	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Folate, total	μg	25	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Folate, food	μg	25	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Folate, DFE	μg	25	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Choline, total	mg	15.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Vitamin B-12	μg	1.10	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	μg	40	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Retinol	μg	39	--	--	--	--	--	--	--	--	Calculated or imputed	01009	01/2003
Carotene, beta	μg	13	--	--	--	--	--	--	--	--	Calculated or imputed	01009	01/2003
Carotene, alpha	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	151	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Lycopene	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.04	--	--	--	--	--	--	--	--	Calculated or imputed	01009	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	01009	01/2003
Lipids													
Fatty acids, total saturated	g	3.110	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
4:0	g	0.162	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
6:0	g	0.096	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
8:0	g	0.056	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
10:0	g	0.126	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
12:0	g	0.140	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
14:0	g	0.502	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
16:0	g	1.303	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
18:0	g	0.606	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Fatty acids, total monounsaturated	g	1.446	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
16:1 undifferentiated	g	0.112	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
18:1 undifferentiated	g	1.256	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
20:1	g	0.076	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Fatty acids, total polyunsaturated	g	0.186	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
18:2 undifferentiated	g	0.113	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated	g	0.073	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Cholesterol	mg	20	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	01/2007
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2007
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003